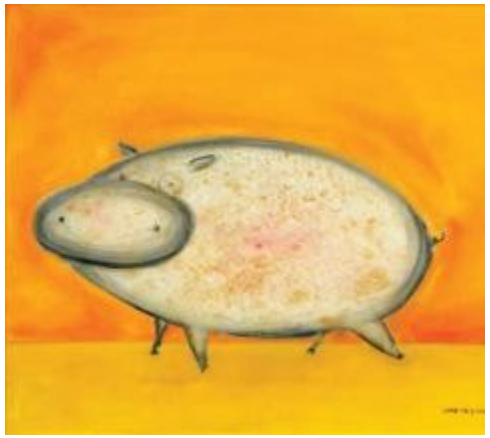


Military OneSource

Access to confidential resource and referral support for service members and their families with the goal of improving the quality of their lives and the effectiveness of the military community

Serving Active Duty, Guard, Reserve and Their Families

General Eligibility

- Active Duty, Guard, and Reserve service members
- Immediate family members

Private and Confidential

Privacy protected

- Personal information is not:
  - Provided to the military or chain of command
  - Shared with family or friends
  - Released to other agencies

Duty to Warn

- Family maltreatment (spouse, children, elder abuse)
- Harm to self or others

Range of Support

Relationships

Topics

- Renegotiating roles and adjusting to new routines
- Family communication
- Readjusting to co-workers in everyday life

Resources

- Self assessments
  - *What's Your Communication Style?*
  - *How Resilient Are You?*
- Podcasts
  - *Simplifying Your Life; Everyday Routines*
  - *Building Strong Families; Parenting as a Team*
- Materials
  - *Changes and Choices: Creating the life you want in your 20s and 30s* CD
  - *Staying Strong as a Couple* CD

Counseling Options

Face-to-Face Counseling	Telephone Consultations	Online Consultations
Face-to-face sessions with a local professional counselor	Telephone consultations with a professional counselor, expands capabilities	Online consultations with a professional counselor, held in a secure chat environment

Short-term, solution-focused counseling referrals for

- readjusting to home and life after deployment or mobilization
- stress management
- marital and couples counseling
- counseling for parent-child (or guardian-child) issues
- grief counseling
- divorce or struggling relationships
- coping with job or career stress

Healthy Habits Coaching

Improve Your Health-FOR LIFE!

iCanChange A personalized, flexible, and supportive approach to help you reach your weight and health goals

iCanThrive A step-by-step program to teach you how to: fuel your body with healthy foods, begin a program of enjoyable physical movement, and relax

iCanRelax A program to help you become aware of stress and how it affects you and to gain skills for handling your reactions to stressful demands and changes

iCanAchieve A program targeted for teens that offers phone and online coaching for setting and achieving healthy goals

Serving Active Duty, Guard, Reserve and Their Families

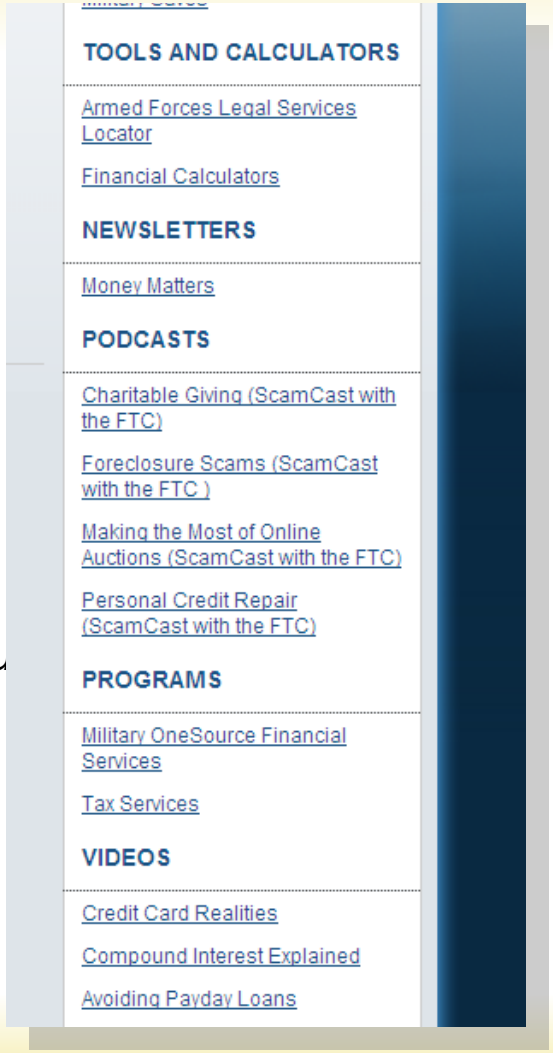
Financial

Topics

- Re-establishing a budget
- Considering large purchases

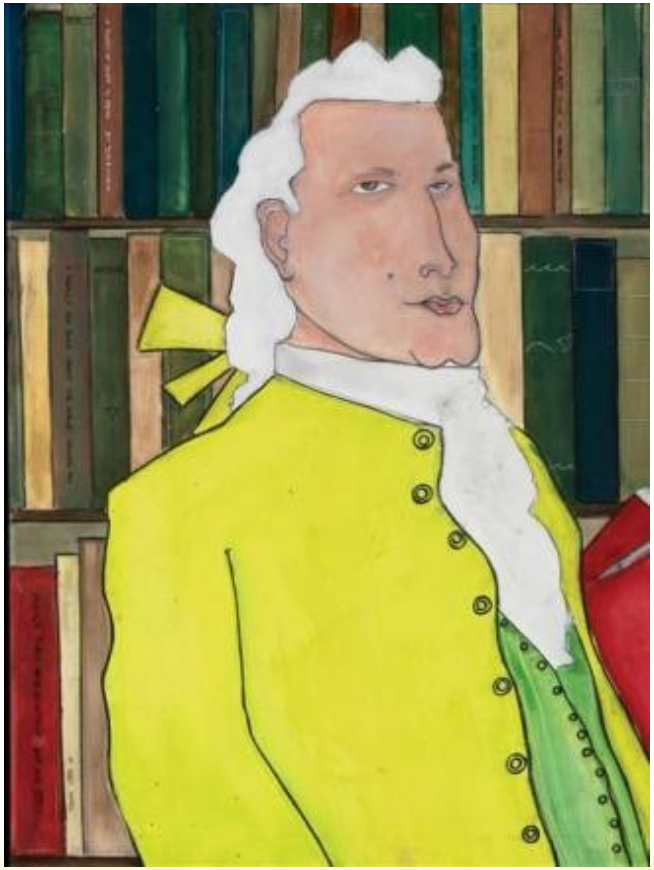
Resources

- Financial counseling
- Financial calculators
  - *Should I consolidate my loans?*
  - *What will my investment be worth in the futu*
- Consumer reports
- Podcasts
- Materials



Online Library Resources

Audio books, e-books, exam prep, resume builder and more!



MORNINGSTAR

eBooks on EBSCOhost

Health Library Evidence-Based Information

SITION YOURSELF ACHIEVE MORE

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GALE Kids InfoBits

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GALE Academic OneFile

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Teacher Reference Center

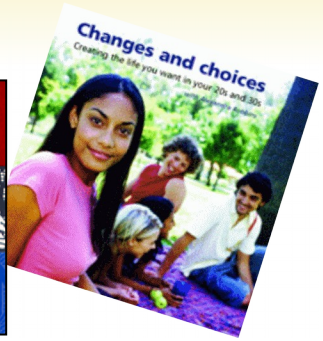
GALE Gale Virtual Reference Library

Click here for TumbleBooks™

HERITAGE QUEST

GALE Military & Intelligence Collection

Educational Materials



Free to eligible users

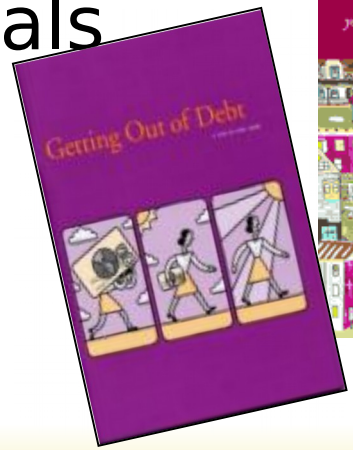
Varied topics

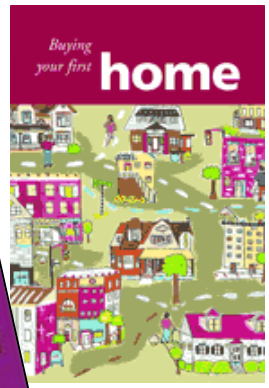
Several formats

- Articles, booklets, CDs, Playaways®, audio links, web links

Multiple ways to access materials

- Download
- Print online
- Order online for home delivery





Access

Toll-Free telephone
1-800-342-9647

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E-mail your questions to a consultant

Interaction with trained outreach professionals

You should expect:

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